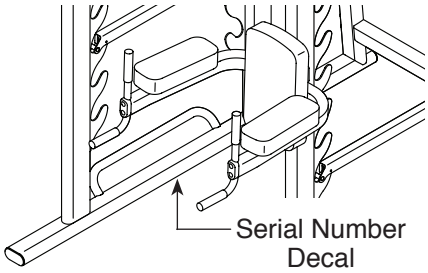
WEIDERPRO™ 500 L

Model No. 15500C.0
Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, contact Customer Service.

CUSTOMER SERVICE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

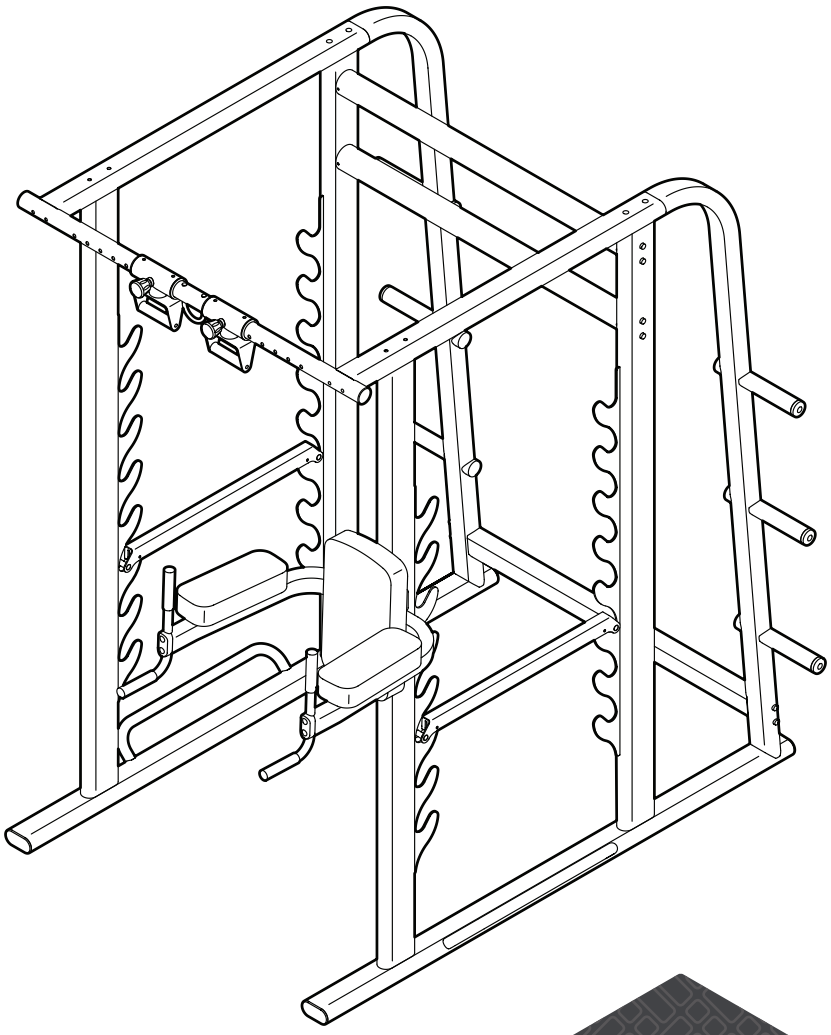
or email us at
customerservice@iconcanada.ca

Please do not contact the store.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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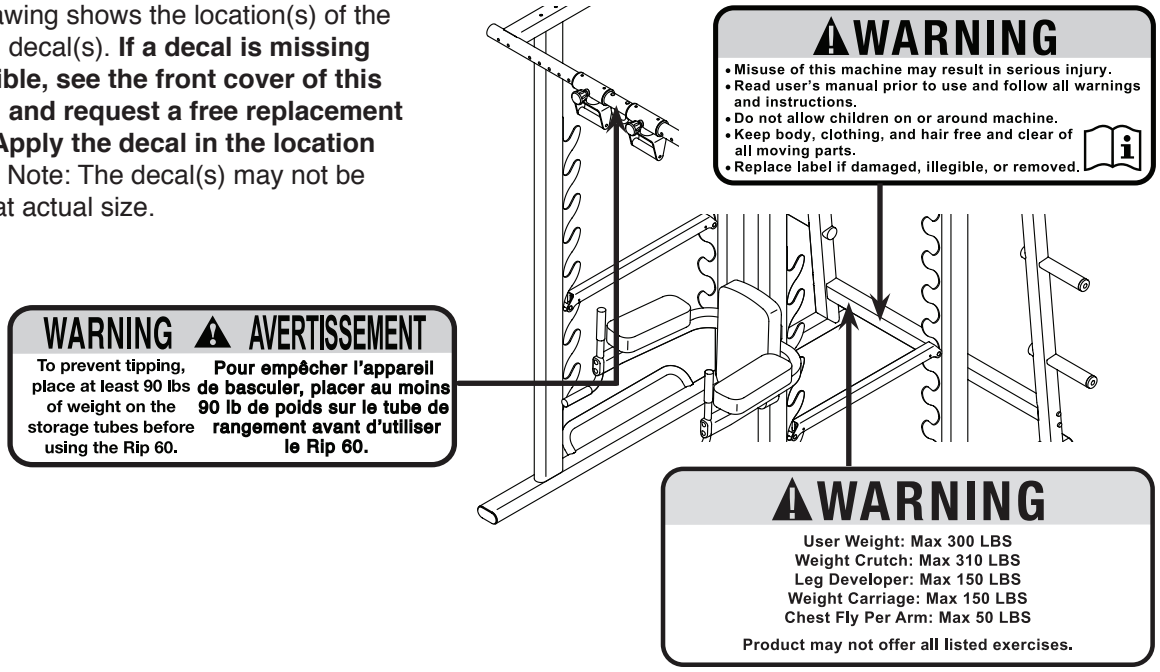
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.
WARNING ⚠ AVERTISSEMENT
To prevent tipping, place at least 90 lbs of weight on the storage tubes before using the Rip 60.
Pour empêcher l'appareil de basculer, placer au moins 90 lb de poids sur le tube de rangement avant d'utiliser le Rip 60.
WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 150 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight rack before using your weight rack. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the weight rack only as described in this manual.**
4. **The weight rack is intended for home use only. Do not use the weight rack in a commercial, rental, or institutional setting.**
5. **Keep the weight rack indoors, away from moisture and dust. Do not put the weight rack in a garage or covered patio, or near water.**
6. **Place the weight rack on a level surface, with enough clearance around the weight rack to mount, dismount, and use the weight rack.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the weight rack at all times.**
9. **Always wear athletic shoes for foot protection while using the weight rack.**
10. **The weight rack is designed to support a maximum user weight of 300 lbs. (136 kg), and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including a barbell and weights, on the weight rests or on the spotters. Note: No barbell or weight plates are included.**
11. **Use only an Olympic-length barbell with the weight rack.**
12. **When using a barbell with the weight rack, always set the spotters on the weight rack at the lowest height to which you want the barbell to go.**
13. **When using the rip:60™ Suspended Body Weight Trainer on the weight rack, place a total of at least 90 lbs. (41 kg) of weight plates on the two lowest storage posts on the weight rack. In addition, make sure that there is not a barbell on the weight rack.**
14. **Remove the dip frame and the rip:60 Suspended Body Weight Trainer before you use the pull-up handles.**
15. **Always place the same amount of weight on both ends of a barbell. While adding or removing weight plates, always keep some weight on both ends of the barbell to prevent the barbell from tipping.**
16. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN

Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

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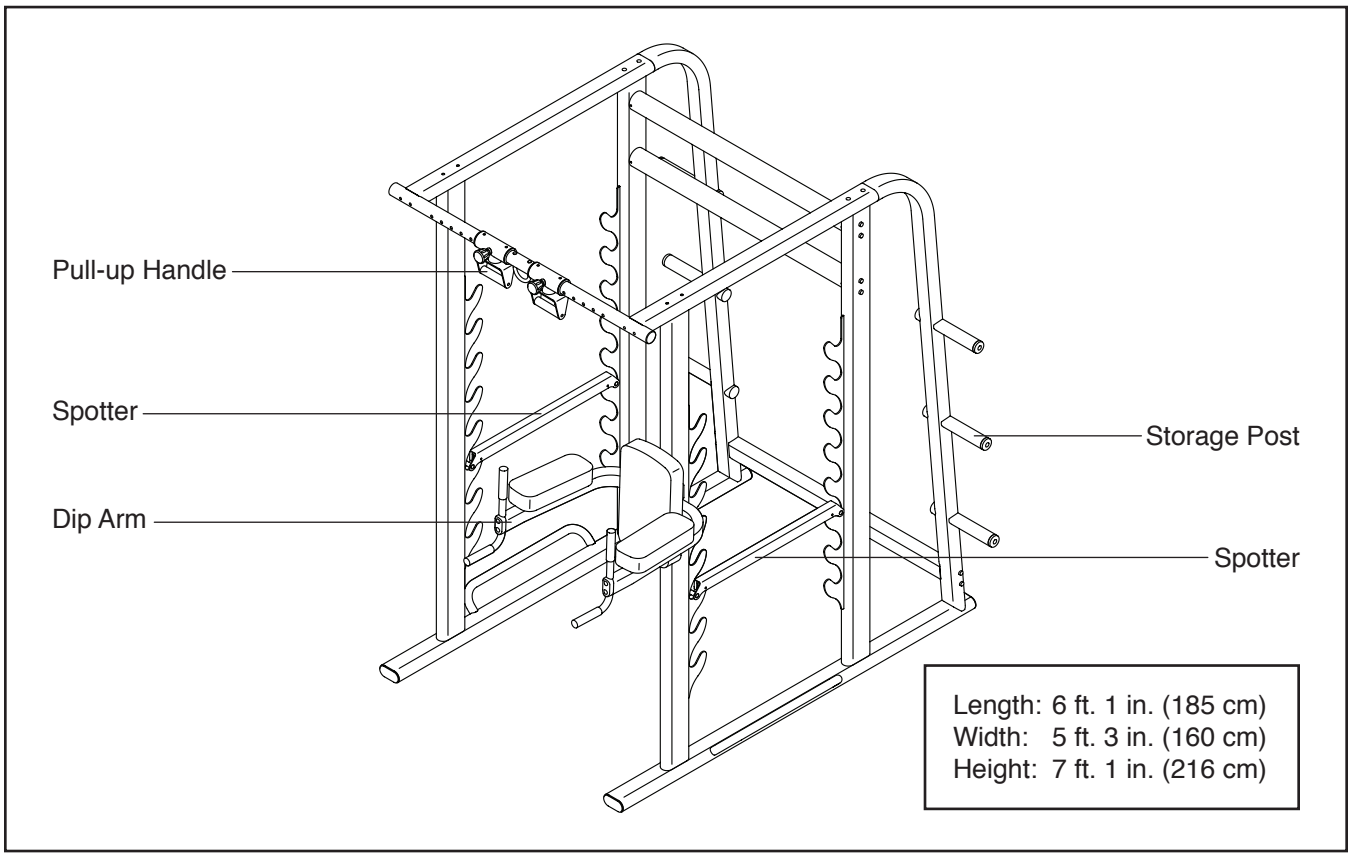
BEFORE YOU BEGIN

Thank you for selecting the WEIDER PRO™ 500 L rack. The versatile 500 L weight rack is designed to develop every major muscle group of the upper body. Whether your goal is to develop a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the 500 L weight rack will help you to achieve the specific results you want.

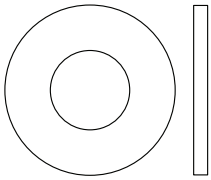
For your benefit, read this manual carefully before using the weight rack. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

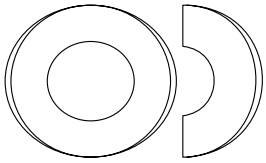


PART IDENTIFICATION CHART

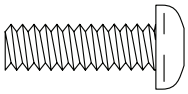
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



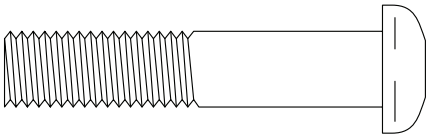
M10 Washer
(37)–20



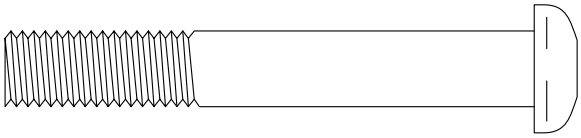
M10 Curved
Washer (46)–4



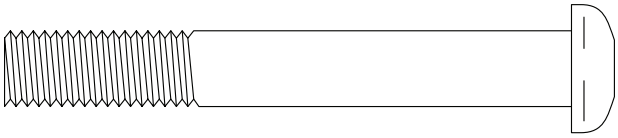
M6 x 20mm
Screw (41)–12



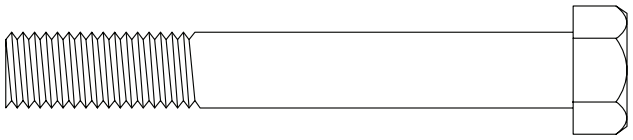
M10 x 50mm Screw (45)–10



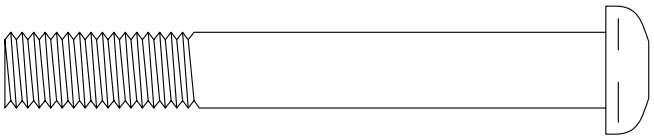
M10 x 70mm Screw (47)–4



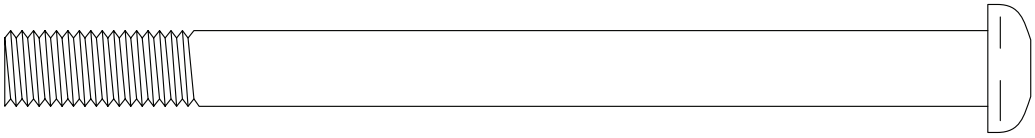
M10 x 75mm Screw (43)–8



M10 x 75mm Hex Screw (39)–12



M10 x 80mm Screw (42)–8

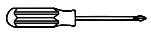


M10 x 130mm Screw (40)–4

ASSEMBLY

- Assembly requires three persons.
- Due to its weight and size, the weight rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tool(s):

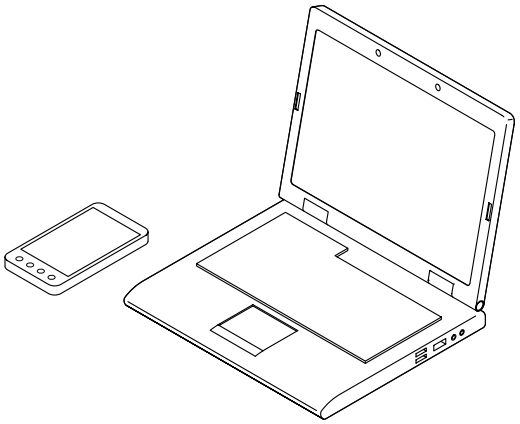
  one adjustable wrench

  one Phillips screwdriver 

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

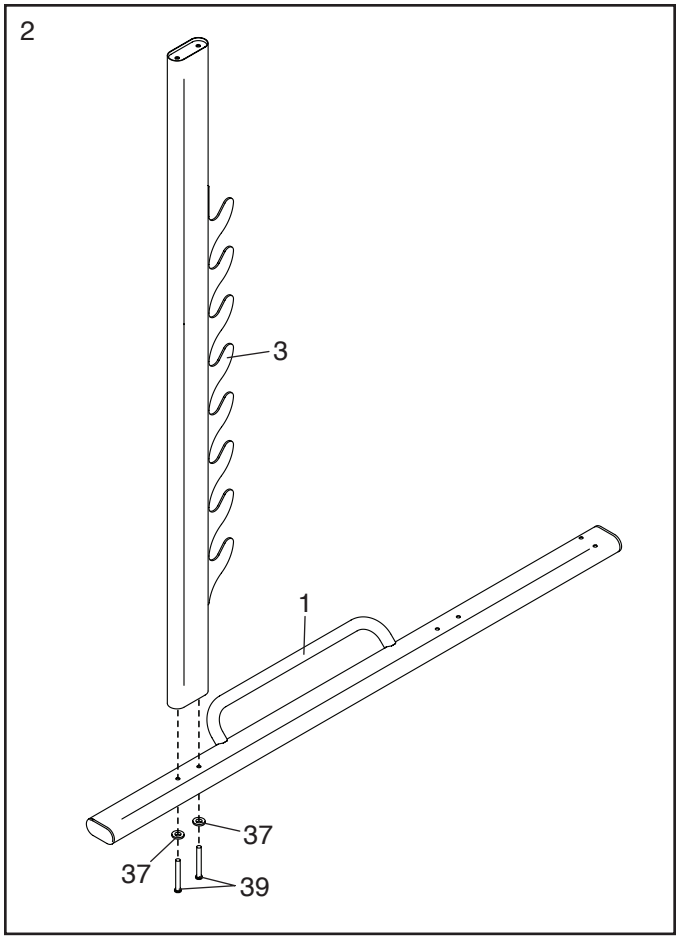
1. **Call or email Customer Service (see the front cover of this manual) today and register your product.**
   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

1



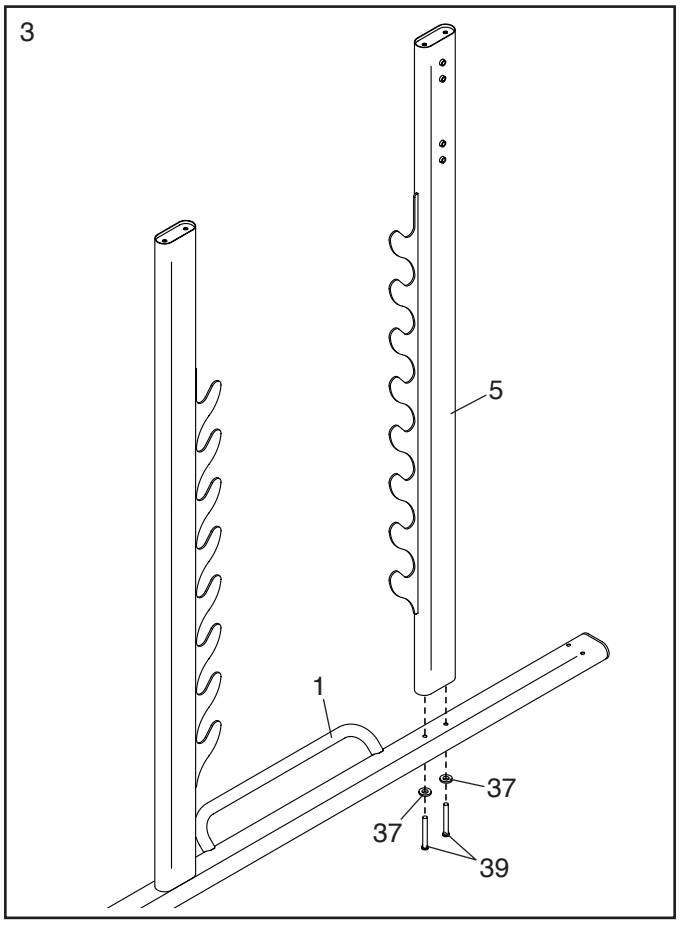
2. Identify the Right Base (1) and the Right Front Upright (3). Orient the parts as shown.

   Attach the Right Front Upright (3) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



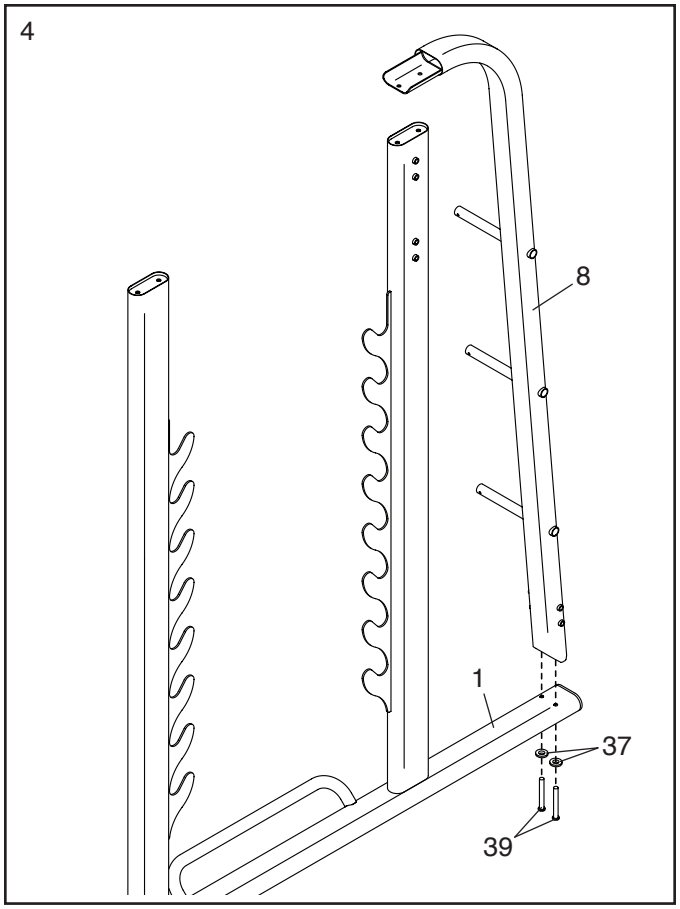
3. Identify the Right Center Upright (5), and orient it as shown.

   Attach the Right Center Upright (5) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



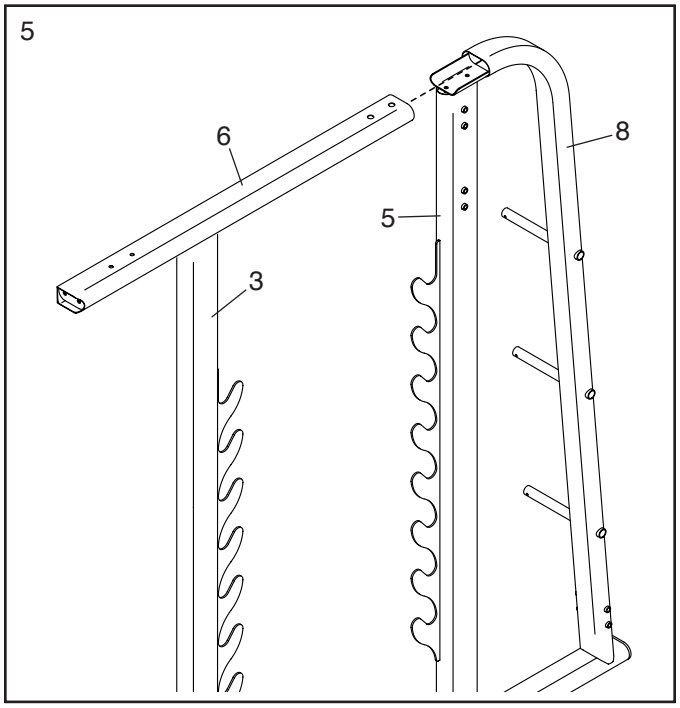
4. Identify the Right Rear Frame (8), and orient it as shown.

   Attach the Right Rear Frame (8) to the Right Base (1) with two M10 x 75mm Hex Screws (39) and two M10 Washers (37); **do not tighten the Screws yet.**



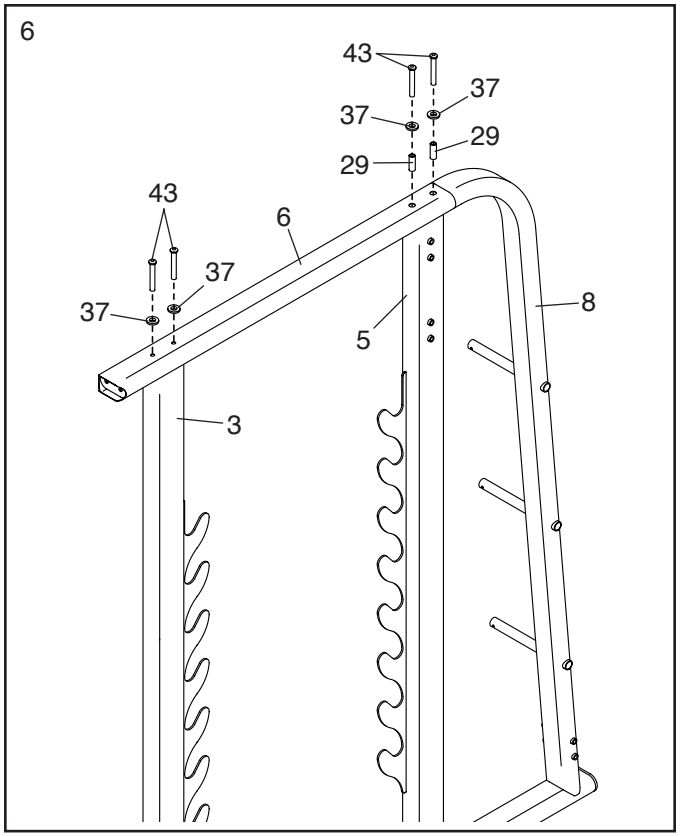
5. Identify one of the two Top Frames (6), and orient it as shown.

   Slide the Top Frame (6) onto the upper end of the Right Rear Frame (8). The Top Frame (6) should rest on the Right Front Upright (3) and the Right Center Upright (5).

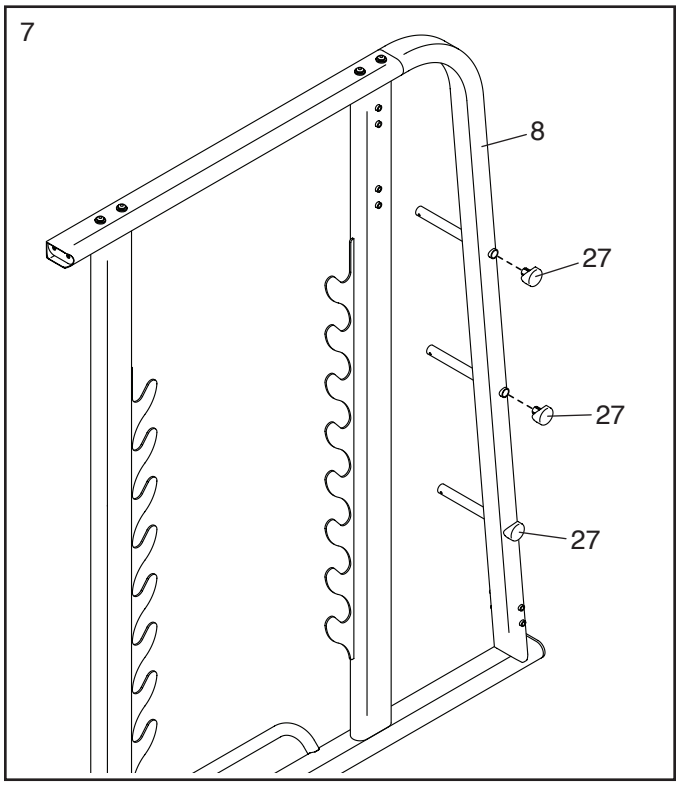


6. Attach the Top Frame (6) to the Right Rear Frame (8) and to the Right Center Upright (5) with two M10 x 75mm Screws (43), two M10 Washers (37), and two Frame Spacers (29); **do not tighten the Screws yet.**

   Next, attach the Top Frame (6) to the Right Front Upright (3) with two M10 x 75mm Screws (43) and two M10 Washers (37); **do not tighten the Screws yet.**



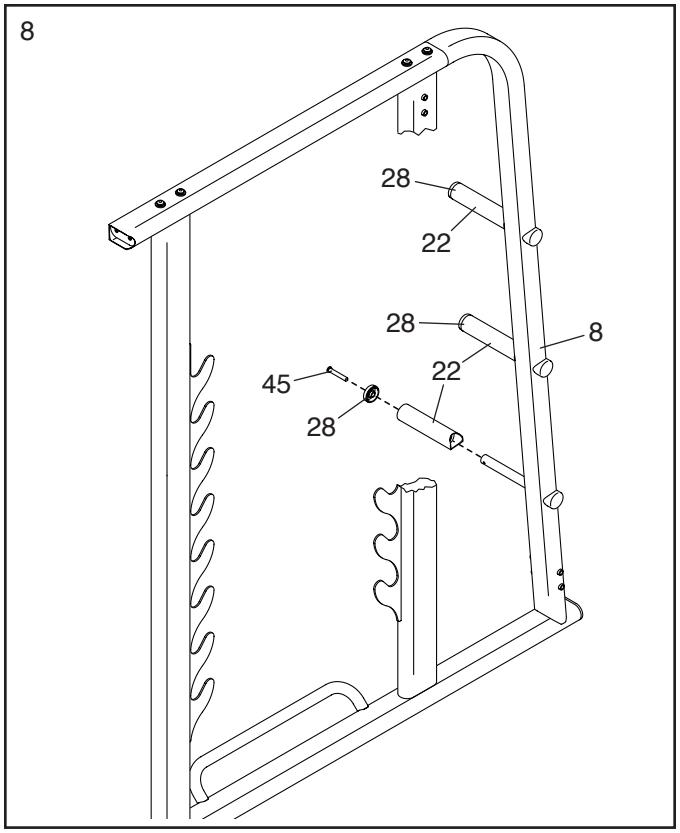
7. Press three Rear Frame Caps (27) onto the Right Rear Frame (8).



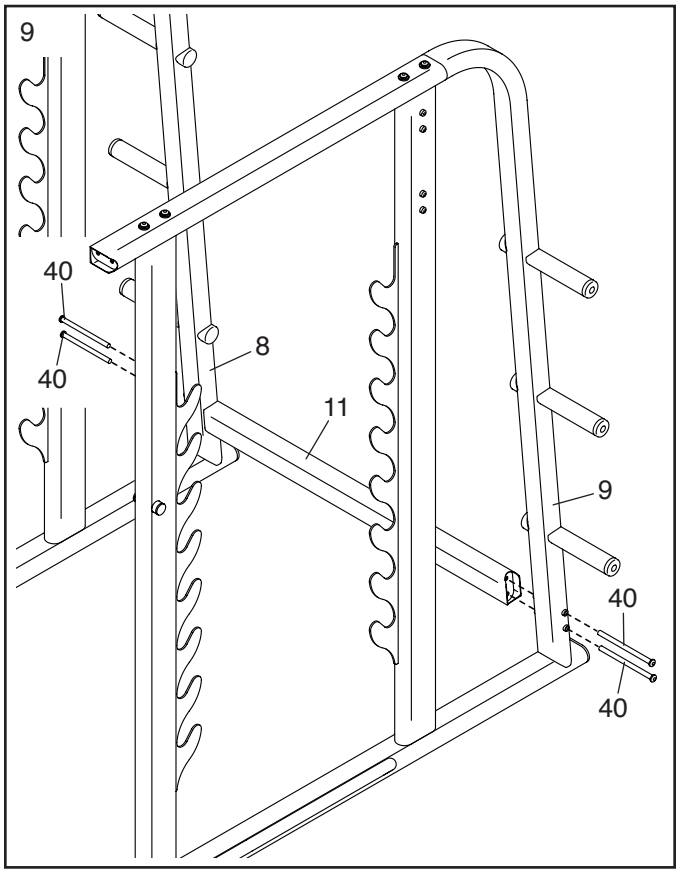
8. If you plan to use Olympic weight plates (not included) with the weight rack, slide an Olympic Adapter (22) onto one of the storage posts on the Right Rear Frame (8). Attach the Olympic Adapter with an M10 x 50mm Screw (45) and an Adapter Cap (28).

   Attach two more Olympic Adapters (22) to the Right Rear Frame (8) in the same way.

   See the EXPLODED DRAWING on page 19. Repeat steps 2–8 and assemble the Left Base (2), the Left Front Upright (4), the Left Center Upright (49), the Left Rear Frame (9), and the other Top Frame (6) in the same way.

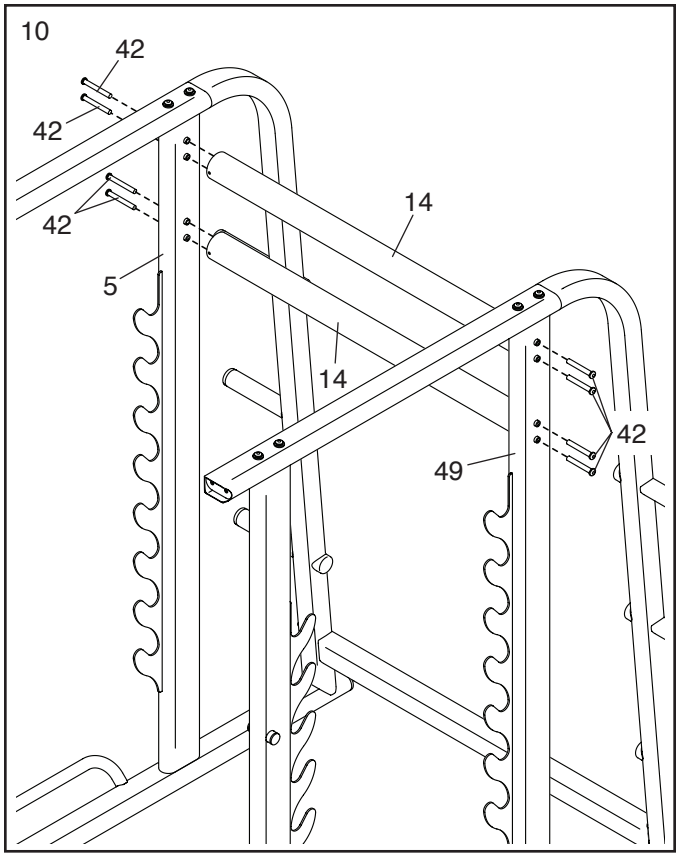


9. Attach the Lower Crossbar (11) between the Right Rear Frame (8) and the Left Rear Frame (9) with four M10 x 130mm Screws (40); **do not tighten the Screws yet.**



10. Attach one of the two Upper Crossbars (14) between the two Center Uprights (5, 49) with four M10 x 80mm Screws (42); **do not tighten the Screws yet.**

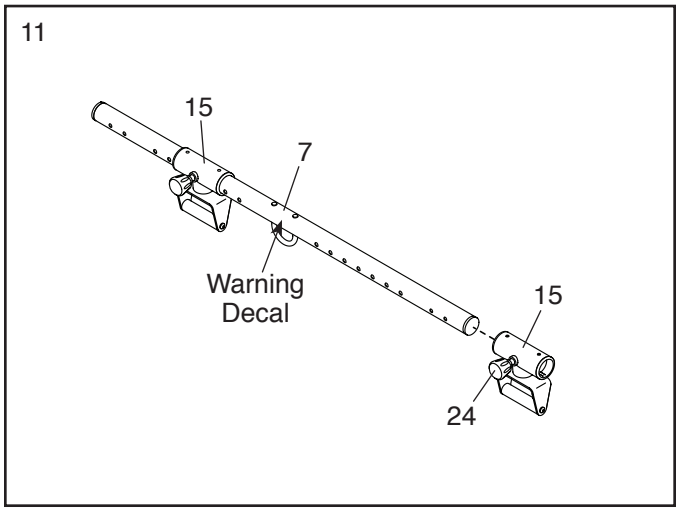
    Attach the other Upper Crossbar (14) between the Center Uprights (5, 49) in the same way.



11. Orient the Pull-up Crossbar (7) and the two Carriages (15) as shown.

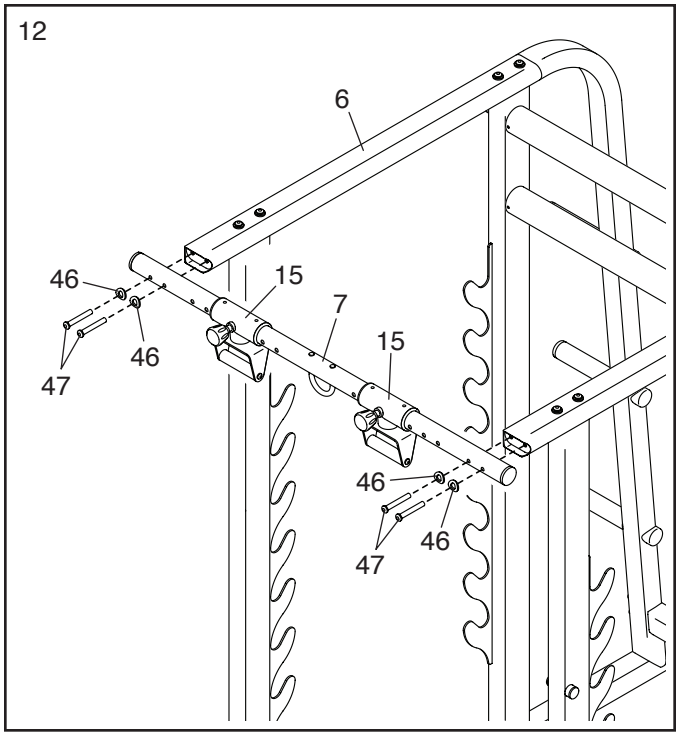
    Loosen and pull the Adjustment Knob (24) on one of the Carriages (15), and slide the Carriage onto the Pull-up Crossbar (7). Then, release the Adjustment Knob into one of the adjustment holes in the Pull-up Crossbar, and tighten the Adjustment Knob.

    Slide the other Carriage (15) onto the Pull-up Crossbar (7) in the same way.



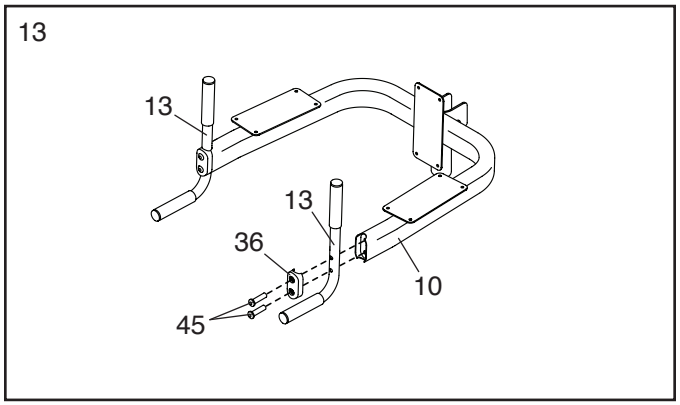
12. Orient the Pull-up Crossbar (7) and the Carriages (15) as shown, and attach the Pull-up Crossbar to the Top Frames (6) with four M10 x 70mm Screws (47) and four M10 Curved Washers (46).

See steps 2–4, 6, and 8–10. Tighten all of the Screws (39, 43, 42, and 40) used in these steps.



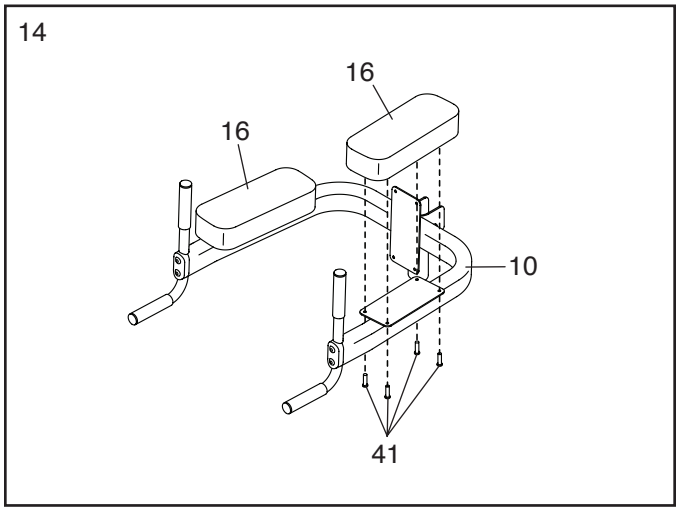
13. Attach a Dip Handle (13) to the Dip Arm (10) with two M10 x 50mm Screws (45) and a Dip Arm Cap (36).

Attach the other Dip Handle (13) in the same way.

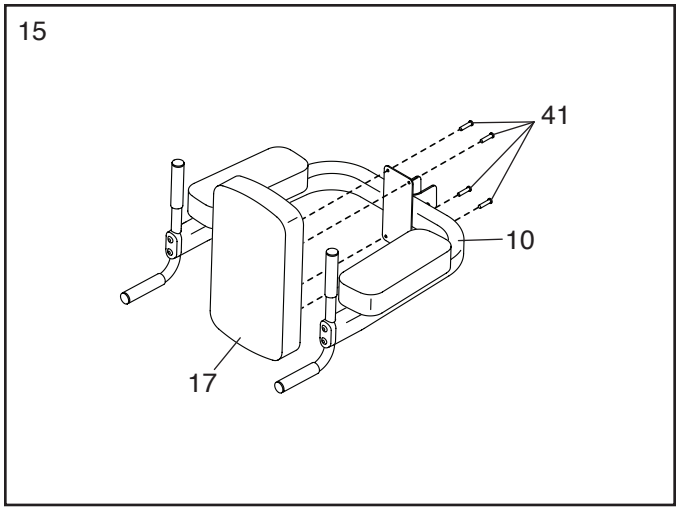


14. Attach an Armrest (16) to the Dip Arm (10) with four M6 x 20mm Screws (41). **Start all four Screws, and then tighten them.**

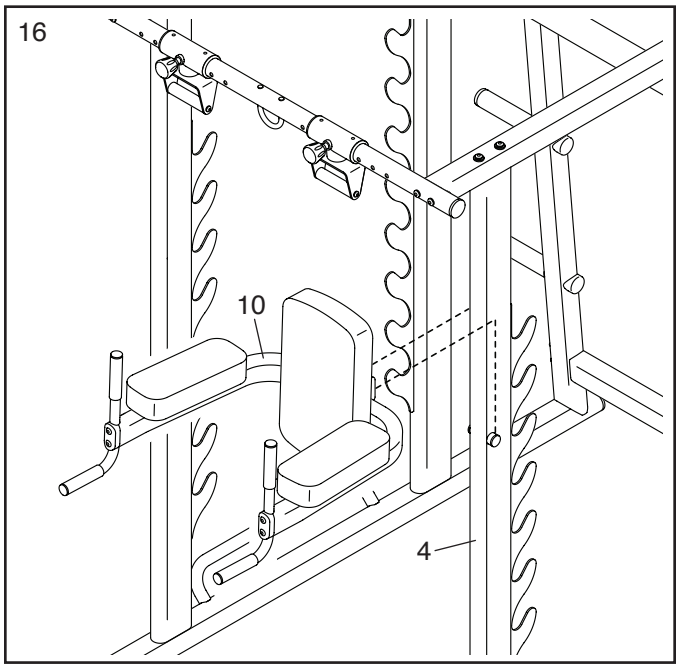
Attach the other Armrest (16) in the same way.



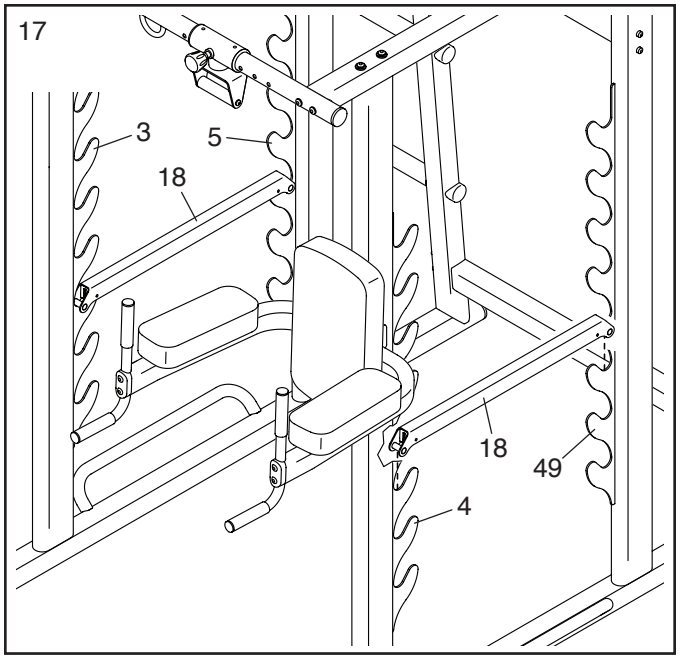
15. Attach the Backrest (17) to the Dip Arm (10) with four M6 x 20mm Screws (41). **Start all four Screws, and then tighten them.**



16. Set the Dip Arm (10) on the posts on the Left Front Upright (4). **Make sure that the Dip Arm is fully seated.**



17. Set the two Spotters (18) on the Uprights (3, 4, 5, and 49) as shown. **Make sure that both Spotters are at the same height.**



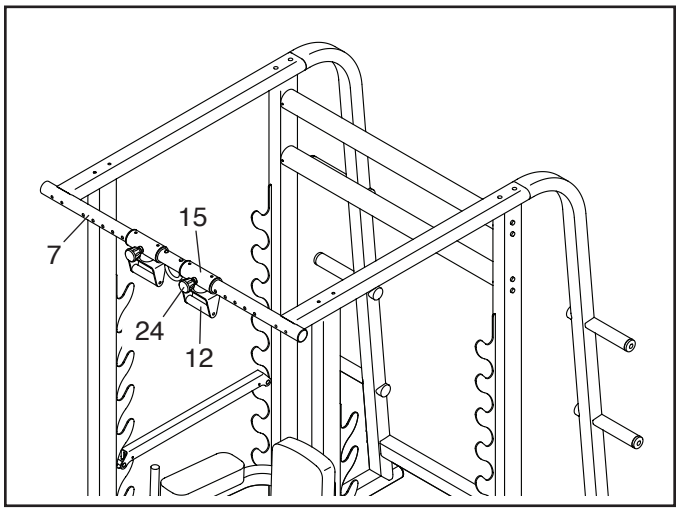
18. **Make sure that all parts are properly tightened before the weight rack is used.** Note: Extra parts may be included. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 16.

ADJUSTMENT

The steps below explain how the weight rack can be adjusted. Make sure that all parts are properly tightened each time the weight rack is used. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight rack.**

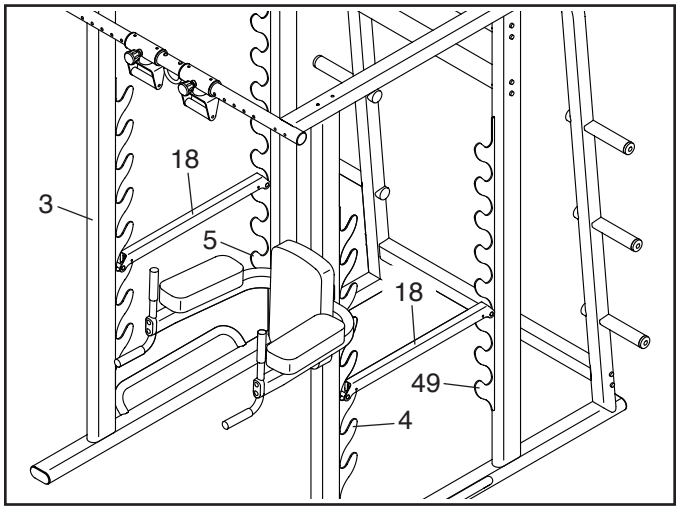
ADJUSTING THE PULL-UP HANDLES

To adjust the position of a Pull-up Handle (12), loosen and pull the Adjustment Knob (24) on the Carriage (15), and slide the Carriage to the desired position. Then, release the Adjustment Knob into one of the adjustment holes in the Pull-up Crossbar (7), and tighten the Adjustment Knob.



ADJUSTING THE SPOTTERS

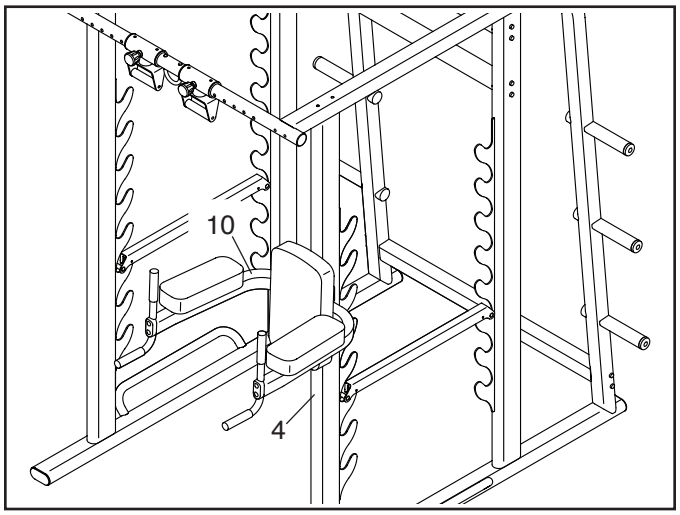
Set the two Spotters (18) on the Uprights (3, 4, 5, and 49) at the lowest point to which you want your barbell (not included) to go. **Make sure that both Spotters are at the same height.**



USING THE DIP ARM

To use the Dip Arm (10), slide it onto the posts on the Left Front Upright (4). **Make sure that the Dip Arm is fully seated.**

When you are not using the Dip Arm (10), remove it and set it out of the way.



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:
- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:
- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:
- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

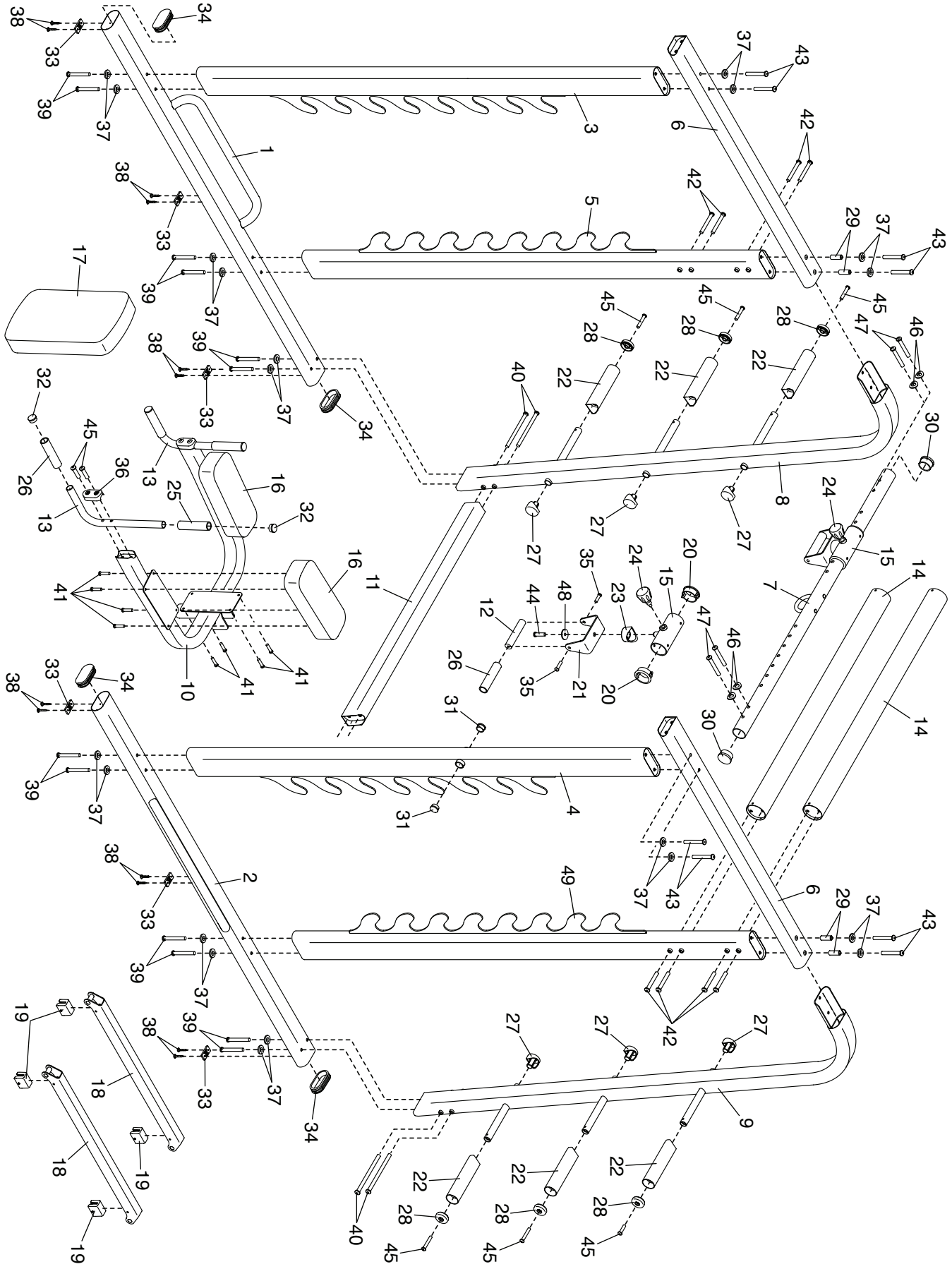
Model No. 15500C.0 R1013A

Key No.	Qty.	Description
1	1	Right Base
2	1	Left Base
3	1	Right Front Upright
4	1	Left Front Upright
5	1	Right Center Upright
6	2	Top Frame
7	1	Pull-up Crossbar
8	1	Right Rear Frame
9	1	Left Rear Frame
10	1	Dip Arm
11	1	Lower Crossbar
12	2	Pull-up Handle
13	2	Dip Handle
14	2	Upper Crossbar
15	2	Carriage
16	2	Armrest
17	1	Backrest
18	2	Spotter
19	4	Spotter Insert
20	4	Carriage Bushing
21	2	Pull-up Handle Bracket
22	6	Olympic Adapter
23	2	Carriage Spacer
24	2	Adjustment Knob
25	2	Long Foam Grip
26	4	Short Foam Grip
27	6	Rear Frame Cap
28	6	Adapter Cap
29	4	Frame Spacer
30	2	50mm Round Cap
31	2	32mm Round Cap
32	4	25mm Round Cap
33	6	Base Foot
34	4	Oval Cap
35	4	M10 x 20mm Screw
36	2	Dip Arm Cap
37	20	M10 Washer
38	12	M4 x 16mm Screw
39	12	M10 x 75mm Hex Screw
40	4	M10 x 130mm Screw
41	12	M6 x 20mm Screw
42	8	M10 x 80mm Screw
43	8	M10 x 75mm Screw
44	2	M10 x 28mm Screw
45	10	M10 x 50mm Screw
46	4	M10 Curved Washer
47	4	M10 x 70mm Screw
48	2	M10 Large Washer
49	1	Left Center Upright
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-877-992-5999.** *These parts are not illustrated.

EXPLODED DRAWING

Model No. 15500C.0 R1013A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

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